

DINNERLY



Reduced-Carb Spicy Chicken Salad with Chipotle and Sunflower Seeds



25 minutes



2 Servings

Bring some spice to your salad bowl with chipotle. Use some of the smoky Mexican condiment to marinate juicy chicken, and a little more to cook up some corn. Toss with salad veggies and crunchy seeds for a low-carb bowl that packs a punch.

WHAT WE SEND

- 1 tomato
- 300g corn kernels
- free-range chicken thigh fillets
- 20g chipotle in adobo sauce ⁶
- 20g sunflower seeds
- 50g mixed salad leaves

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tsp red wine vinegar ¹⁷
- ½ tsp honey

TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 405kcal, Fat 23.6g, Carbs 13.6g, Proteins 33.0g



1. Prep ingredients

Cut the **tomato** into wedges. Crush or finely chop **2 garlic cloves**. Drain and rinse the **corn**. Thinly slice the **chicken**. Put the chicken, garlic, **half the chipotle** (see Make it yours) and **1 tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat.



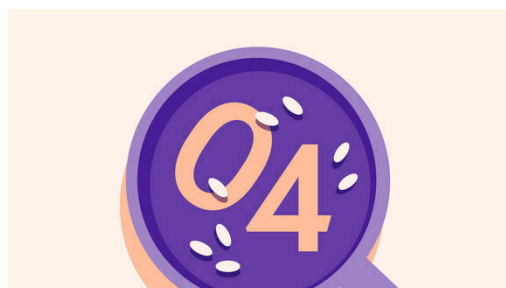
2. Cook chicken

Put the **sunflower seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Cook the **chicken**, stirring occasionally, for 3-4 mins until browned and cooked through. Remove from the pan.



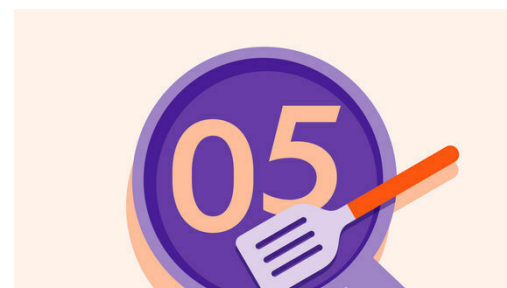
3. Cook corn

Heat **1 tsp olive oil** in the same pan over medium-high heat. Cook the **corn** and **remaining chipotle**, stirring occasionally, for 2 mins or until the corn is golden. Remove the pan from the heat.



4. Toss salad

Put **2 tsp olive oil**, **2 tsp red wine vinegar** and **½ tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **salad leaves**, **tomato**, **corn** and **chicken** and toss to combine.



5. Serve up

Divide the **salad** among bowls, scatter with the **sunflower seeds** and enjoy!



6. Make it yours

Chipotle is a smoky Mexican chilli sauce. We've recommended this amount for flavour, but if you prefer less heat, reduce the amount to taste.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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